



FLEXIBILITY IS THE KEY TO AIR POWER, an Air Force adage, akin to **SEMPER GUMBY**, and attributed to Italian General Douhet, means that the best outcome depends on the ability to be flexible and adapt to ever changing demands and situations. This is as true when applied to the psychological health of individuals as when applied to the Air Force. So stay flexible and **IMPROVISE, ADAPT AND OVERCOME** when things aren't going as initially planned. #MilPsychJargon